

Vitamin B-6

Pyridoxol, Pyridoxamine

Functions:

- ◆ Amino acid metabolism
- ◆ For healthy red blood cells
- ◆ For immunity

Deficiency symptoms (Rare. Vitamin B-6 is widely distributed throughout the diet):

- ◆ Convulsions in infants
- ◆ Anemia
- ◆ Skin disorders
- ◆ Weakness
- ◆ Sleeplessness
- ◆ Peripheral neuropathies
- ◆ Cheilosis
- ◆ Stomatitis
- ◆ Impaired immunity

Toxicity symptoms:

- ◆ Sensory neuropathy with gait changes and peripheral sensation
- ◆ Muscular incoordination

Conditions contributing to deficiency:

- ◆ Alcoholism
- ◆ Drug use (including oral contraceptives)
- ◆ Elderly status
- ◆ Pregnancy
- ◆ Tuberculosis with INH treatment
- ◆ No vitamin replacement

Recommended daily amount:

1.3-1.7 mg/day, men

1.3-1.5 mg/day, women

Good food sources:

Muscle and organ meats

Poultry

Fish, Tuna and Salmon

Whole grain cereals

Walnuts

Legumes

Soybeans and Peanuts

Potatoes

Yeast

Bananas

Cabbage

Corn

Yams

Raisins and prunes

Watermelon

Avocado

Eggs

